SALUS SAUNAS

Togiak Sauna
Installation & Owner's Manual

IMPORTANT SAFETY INSTRUCTIONS

DANGER: Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

WARNING: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

CAUTION: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

NOTICE: Indicates information considered important, but not hazard-related.

READ ALL INSTRUCTIONS BEFORE INSTALLATION AND USE TO AVOID INURY OR DAMAGE TO SAUNA

FOLLOW SAFETY INFORMATION IN THIS DOCUMENT TO AVOID SERIOUS INJURY OR DEATH

REFER TO YOUR LOCAL BUILDING CODES FOR ANY SPECIFIC INSTALLATION REQUIREMENTS

ALL ELECTRICAL WORK NEEDS TO BE COMPLETED BY A LICENSED ELECTRICIAN. FAILURE TO DO SO COULD CAUSE INJURY OR DAMAGE TO THE HEATER.

KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE

⚠ WARNING

- **This sauna is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the sauna by a person responsible for their safety.**
- **Consult your doctor about any health-related limitations related to sauna use. Ignoring advice from your medical provider could cause serious injury or death.**
- **Do not let people with pre-existing health conditions bathe in the sauna on their own. Using the sauna could cause these users to lose consciousness.**
- **Parents should consult your pediatrician before allowing children to use the sauna. Ignoring advice from your medical provider could cause serious injury or death.**
- **Do not smoke, use alcohol, or exercise in the sauna. These tasks could cause users to lose consciousness.**
- **Do not exceed 30 min. in the sauna at one time, as excessive exposure may be harmful to health. The sauna should not be used as an endurance test.**
- **Do not place any combustible material over the sauna heater (towels, bathing suits, wooden bucket or ladle)! This will cause the sauna to catch fire.**
- **Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98,6 ºF. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.**
- **Only use stones approved for sauna heater use. Inadequate stones may crack or explode leading to serious injury.**
- **Do not sleep in a sauna that the heater is operating. Sleeping in a heated sauna may lead to injury or death.**

⚠ CAUTION

- **Keep all occupants away from the heater and when it is hot. The stones and outer surface of the heater may burn your skin.**
- **Do not throw excessive amounts of water on the stones. The evaporating water is boiling hot and could cause burns.**
- **Do not throw water directly onto the elements. This could cause burns and damage to the heater.**

• Be very careful when moving in the sauna, as the benches and floors may be slippery. This could cause the user to slip and fall.
• Do not alter the sauna in any way, unless explicitly instructed in this manual. Altering the sauna could lead to structural damage, increasing the risk to bodily harm.
• When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.

SALUS SAUNAS

Thank you for your purchase of your Togiak sauna! Should you have any questions during assembly, please feel free to call us at **(425) 333-9003**, or email **customerservice@salussaunas.com.** Regular business hours are 9-5 EST, M-F.

Your Togiak Indoor Sauna is specifically designed to utilize your existing floor. As such, assembly is made very simple since the entire sauna sits on pre-fabricated rails and risers. Your sauna can be assembled on any surface that is firm and flat, including concrete, ceramic, vinyl, laminate or tile. Installation on a carpeted surface is not recommended.

Your Togiak kit should include the following:

- ☐ 4 Floor risers
- ☐ 4 Wall support rails
- ☐ 4 Roof support rails
- ☐ 2 Roof panels
- ☐ 2 Pieces of roof trim
- ☐ Wall panel A
- ☐ Wall panel B
- ☐ Wall panel C
- ☐ Wall panel D
- ☐ Wall panel E
- ☐ Window panel F
- ☐ Door panel G
- ☐ Window panel H
- ☐ Window panel I
- ☐ Upper long bench
- ☐ Lower Side Bench
- ☐ Long backrest w/LED light
- ☐ Short backrest
- ☐ LED power supply
- ☐ Door handle assembly
- ☐ Heater
- ☐ Stones
- ☐ Wall sensor cover
- ☐ Hardware bag containing screws and trim nails
- ☐ Heater fence kit (optional)

These tools are required to assemble your Togiak sauna:

- ☐ Cordless drill
- ☐ Tape measure
- ☐ Rubber mallet
- ☐ Hammer
- ☐ 1/2" or 5/8" Forstner bit
- ☐ Utility knife
- ☐ Screwdriver (phillips and flathead)
- ☐ Level
- ☐ Step stool or ladder

Sauna Assembly

⚠ CAUTION

• Ensure sauna foundation is sturdy and level. If the foundation is not, the sauna could tilt, shift or fall leading to injury.

Step 1. Connect the Four Floor Risers

Fasten the four floor risers together using the predrilled holes as a guide. (1-4)

Image 1

Image 2

Image 3

Image 4

Step 2. Position Wall Support Rails

Align each wall support so that the angled cuts make a corner (5). Each wall support has a predrilled hole. Fasten the front, back, and sides together (6 & 7) and lay the assembly squarely on top of the floor risers with the groove facing *up* (8). The rails should overlap both sides of the riser by approximately 1" (9). Secure the assembly to the floor risers using three screws evenly spaced on each wall support rail (10 & 11).

Image 5

Image 6

Image 7

Image 8

Image 9

Image 10

Image 11

Step 3. Position wall panels A & B

Position wall panel A in the groove of the left rail and push it flush against the back rail. Having a helper hold wall panel A, orient wall panel B so that the vent holes are on top and place it in the groove of the back rail (12). Push the flat edge against wall panel A. Align the two panels so they are flush and fasten them together using the 2" screws through the predrilled holes (13 & 14).

Image 12

Image 13

Image 14

Step 4. Position Wall Panels C & D

Position wall panel C into the groove of the back rail. Attach it to wall panel B by way of the tongue and groove fit (15 & 16). Secure it by tapping it into place with a rubber mallet. Position wall panel D into the groove to the right-side rail and push flush against the back rail (17). Being sure panels D and C are flush with each other, fasten them together using the 2" screws (18).

Image 15

Image 16

Image 17

Image 18

Step 5. Finish Wall Panels

Position wall panel E into the groove of the right-side rail. Slide wall panel E into place with wall panel D (19). Panel E connects to panel D via tongue and groove so there is no need to use screws. Use a rubber mallet to secure the fit. Place window panel F in the groove on the front rail (20) and push the flat end against wall panel E. Being sure the two panels are flush, fasten them together using 2" screws through the predrilled holes on panel E (21).

Image 19

Image 20

Image 21

Now place door panel G onto the front rail, being sure to snip the twine holding the door to the frame (22). Push the door panel into window panel F to secure the tongue and groove fit. Now place window panel H on the front rail and push into door panel G (23). Finally, place window panel I on the left-side rail and push into wall panel A (24). Panels I and A connect via tongue and groove fit. Now, being sure window panels I and H are flush with each other, secure them together using 2" screws through the predrilled holes on window panel I (25).

Image 22

Image 23

Image 24

Image 25

Step 6. Assemble and Position Roof Support Rails

Align each roof support rail so the angled cuts join together to make a 90-degree angle placing the longer supports on the sides and the shorter supports on the front and back. Fasten them together using 2" screws through the pre-drilled holes (26, 27 & 28). This is the same assembly you performed in Step 2.
Place the assembly on top of the wall panels so that the wall panels fit snugly into the groove. When in place, secure the assembly to the walls using three 2" screws on each rail (29 & 30).

Image 26

Image 27

Image 28

Image 29

Image 30

Step 7. Bench Installation

Note: You may choose to install all the benches and backrests after the sauna is completed, but you may find it easier to install with the extra space and light afforded at this step.

Place the upper bench on the pre-installed upper bench supports and push flush against the back wall, being sure the side of the bench with the screws showing is oriented towards the back (31). Secure the bench to the back and side panels using 2" bench screws and the predrilled holes in the bench frame supports (32).

Image 31

Image 32

Repeat this process for the lower side bench (33), securing it to panel A and B.

Image 33

Step 8. LED Backrest Installation

Center the LED backrest between the two sides being sure it's oriented so the shorter slat is down and position it vertically at a height most comfortable for you (typically 8-12" from the bench). Using a level to ensure proper installation, fasten the backrest into place using the 2" screws (34 & 35). Repeat this process for the lower side bench backrest (36).

Image 34

Image 35

Image 36

To connect the LED light to the power source, bore a 5/8" hole through the back of the panel at the bottom right corner of the backrest and push the LED pigtail through (37 & 38). Now mount the power supply to the back of the sauna at the base of panel C, underneath the hole you just bored (39). Connect the power supply and LED by twisting the connection until tight (40). Ensure the light bar is connected to the power supply, then plug in to an outlet. You are able to turn on the LED light and adjust its brightness from within the sauna using the control mounted to the side of the backrest (41).

Image 37

Image 38

Image 39

Image 40

Image 41

Step 9. Position Roof Panels

Position the two roof panels on top of the roof support rails with the predrilled holes facing *up* (42 & 43). The roof panels connect via tongue and groove fit. Align the connected roof panels on the rails so that approximately 1" of the support rails extend past each side of the roof panels (44). Once evenly spaced, secure the panels with 2" screws through the predrilled holes (45). Install the provided trim pieces with the 1" trim nails to cover the raw edges of the roof panels (46).

Image 42

Image 43

Image 44

Image 45

Image 46

Step 10. Accessories

1. Install the vent hole cover using the provided screw and washer (47 & 48)
2. Install door handle (49-50)

Image 47

Image 48

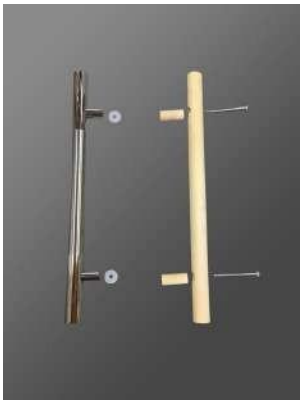

Image 49

Image 50

Step 11. Finishing Touches

After the sauna has been installed, sweep down the inside to remove any sawdust and wood shavings, and then vacuum completely. Using a damp cloth with warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.

Step 12. Heater Installation

⚠ DANGER

- **Turn off power to heater at breaker before beginning installation or performing maintenance on the heater. Failure to turn off the power will lead to electrocution and even death.**

⚠ CAUTION

- **Improper installation of heater mounting bracket could cause the heater to fall leading to burns and other injuries.**
- **Before placing or adjusting stones, ensure heater is back to room temperature. Failure to do so may cause burns.**

Please consult your heater manual for all heater installation information.

Optional Heater Fence Assembly (KIP & Wall Heaters)

The heater fence kit will come banded in stretch wrap, remove the wrap and place the two pieces on your working surface (51-52). Match the two pieces as shown below (53).

Image 51

Image 52

Image 53

Turn over matched pieces so the long section is face down. Ensure the boards are flush in the top corner for optimal fitment (54). Attach the two pieces together using the two predrilled holes and remaining screws from your sauna hardware kit (55). It is recommended to keep pressure on the two square boards during fastening for easier assembly. See below for finished heater fence (56). To install heater fence into sauna, use the four predrilled holes and screws from sauna hardware kit (57-58). Place fence around heater and fasten into side and front wall panels (59).

Image 54

Image 55

Image 56

Image 57

Image 58

Image 59

TRADITIONAL SAUNA USE

Congratulations! You are ready to enjoy your sauna! You may use your sauna in a wet or dry fashion. A dry sauna means you do not sprinkle any water onto the stones, while wet means you increase the humidity of the room by sprinkling water on the stones. Please note that not much water is needed to achieve a wet sauna experience!

The sauna as we know it originates in Finland. The typical sauna experience follows the steps below, but you may enjoy your sauna in any way that you like!

- Set your heater so your sauna achieves the desired temperature. This is typically 160 - 185+° F. Please note, novice sauna users should begin at the lower end of that range and increase their high temperature over time.
- Take a quick shower or a quick dip in a hot tub or pool.
- Step into the sauna and enjoy for 5-15 minutes, bringing a towel to sit or lay on. Leave the sauna once you are perspiring freely.
- Take a plunge in a pool, shower, snowbank, lake – anything that will relax and cool you down for 10-20 minutes.
- Step into the sauna again. During this visit, you may wish to sprinkle small amounts of water onto the stones to create bursts of steam. If water spills through the heater to the floor, you are using too much water, though this will not hurt the heater or the sauna.
- Continue repeating this process. After your final visit to your sauna, relax for 20 minutes. Shower with warm water initially, finishing with cool water to close your skin pores.
- Prepare to feel refreshed for the day or to have an amazing night's sleep!

Whatever your sauna routine, it is imperative that you **STAY HYDRATED!**

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